

## CLAIMS

1. Shoe or footwear item for racket sport, comprising a sole whose outer face (1a) is intended to come into contact with the ground and of which the inner face (2b) is intended to come into contact with the foot of a user, said sole comprising a dynamic element, extending longitudinally with respect to a longitudinal axis (L) of the sole, and on either side with respect to said axis, characterized in that the dynamic element, comprising a lateral return plate (3, 30) is positioned in the sole so as to extend longitudinally beneath a zone corresponding to the arch of the foot and at least a part of the front part of the foot, and comprises, on either side of a support zone of the metatarsus, two antagonistic lateral ground-support parts (4, 5; 6, 7; 4', 5'; 6', 7') which are elastically deformable, and interacting in opposition, so as to store and release energy when said sole is subjected to lateral stresses.

2. Shoe according to Claim 1, in which the dynamic element is located between an outer layer (1) and an intermediate layer (2) which are disconnected at least locally, characterized in that the intermediate layer (2) is fixed on the outer layer (1) at the level of a part (1e) forming the heel of the sole and/or at the level of the periphery or the rising edges (1c, 1d) of a front part (1f) of said sole.

3. Shoe according to Claim 1, characterized in that the return plate (3) comprises four branches (4 to 7, 4' to 7') defining for example the form of an X, each of the branches (4 to 7, 4' to 7') bearing on a support element (4a, 5a, 6a, 7a).

4. Shoe according to Claim 3, characterized in that the four branches (4, 5, 6, 7) are connected together.

5. Shoe according to Claim 3, characterized in that the four branches (4', 5', 6', 7') are connected in twos to constitute two independent pairs.

6. Shoe according to any one of Claims 3 to 5, characterized in that the support elements (4a, 5a, 6a, 7a) are located above the return plate (3).